

# Self-Care Class

Le Maisieres Hotel

Monday 25 June 2007 6:00 – 6:30pm

You'll receive a free book,

“Take Care of Yourself”

- 100 common medical problems described

- When to see a doctor and when to self-treat at home

Call Preventive Medicine  
by 21 June to sign up.

065-44-5948

or DSN 423-5948

Over-the-counter medications  
available from SHAPE clinic  
pharmacy at no charge (TriCare  
beneficiaries) for class  
participants.